

Group Exercise and SilverSneakers® November 2014

Most group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.	SilverSneakers® Circuit		SilverSneakers® Circuit	Nia®		
9 a.m.						Yoga Core*
9:30 a.m.	Turf Time for Toddlers* SilverSneakers® Classic Volleyball*	SilverSneakers® Circuit Volleyball*	Turf Time for Toddlers* SilverSneakers® Classic Volleyball*	SilverSneakers® Circuit Volleyball*	Volleyball*	Cardio X-Train*
10 a.m.	Pickleball*		Pickleball*		Pickleball*	
10:30 a.m.	SilverSneakers® Yoga	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Classic		
5:30 p.m.	Nia®	Joyful Hoops*	20/20/20*			
6:30 p.m.	Yoga ZUMBA®*	Kickboxing* Pilates	Beginning Yoga*	Cardio Core* ZUMBA®*		
7:30 p.m.		Core Essentials*		Healthy Back*		

*These classes are FREE for Twin Lakes Recreation Center members!

SPECIAL EVENTS

Bring a Buddy Day:

First Thursday of each month. Bring a friend to work out for FREE!



SilverSneakers® Lunch

November 17
10:30 a.m.
SilverSneakers® Yoga does not meet on this date.



Group Exercise Winter Session I trial week

Try a class for free January 5–10. Registration opens December 6.



1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri. 5 a.m.–10 p.m.
Sat.–Sun. 7 a.m.–10 p.m.

Thanksgiving hours:

November 27: Closed
November 28: Open 7 a.m.–1 p.m.



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Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) November 2014

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities.

Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults call 812-349-3727.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11:45 a.m.			Tai Chi Qigong		
noon	Mahjong				
1 p.m.	Bingo		Bingo		
1:30 p.m.			International Folk Dance		Advanced German
2 p.m.	Bunco		Bunco		

SPECIAL EVENTS

Legal Counseling

November 3 • 3 p.m.
by Atty. Tom Bunger
Call 812-349-3727 to register.

Birthday Celebration by Meadowood

First Wednesday of each
month at 12:45 p.m.

Breakfast Bash

November 20 • 8:30 a.m.

Registration required. Call 812-349-3727 to register.

Sponsored by  Indiana University Health

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, or for a list of participating insurance carriers, visit the TLRC front desk.



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